

The Flu **And Your Family**

Together, We Can STOP the Spread!

1 Teach your kids good hygiene—everyday

- Cover your coughs and sneezes in your elbows and/or disposable tissue.
- Use good hand washing habits and get rest everyday. Remember, keep your hands away from your face.
- Parents are the best role model for children – take care of each other—practice good hygiene, together everyday!

2 Keep sick kids at home

- When children go to school sick, they infect classmates at amazing rates.
- Sick kids should stay home until they are fever free – at least 24 hours—without the use of fever reducing medications.
- Talk with provider if symptoms worsen or if your child has other health conditions that put him/her at risk for severe complications from Flu.

3 Consider flu vaccine

- Vaccine works best to stop the spread of Flu because when everyone gets vaccinated, germs have no where to go.
- Vaccination protects you and everyone around you, especially those at high risk for complications (pregnant, asthma, diabetes, respiratory and heart conditions).
- Did you know you can spread illness even when you don't feel sick?

For more information or vaccine locations, please call the Flu Hotline at 1-866-763-7252

